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# THE HERR WIPFLER II SYSTEM

FOR  
REGAINING  
AND  
MAINTAINING  
DIGESTIVE  
STRENGTH



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## FOREWORD

*“The secret of success is constancy to purpose.”*

— *Disraeli.*

In offering you this book, I do so with the firm belief that the instructions contained herein will quickly cure you of Constipation. In doing that, a firm foundation for complete health will be built and the many kindred torments due to Constipation should gradually disappear. At the outset, I desire to remind you of several important things which should be impressed upon you before you begin my treatment.

The age of miracles is over — neither you nor I can produce them. You can neither wish nor think nor pray yourself well. A cure may be had only from doing certain correct things. I will tell you just what things to do, and when and how to do them. You must follow every one of my instructions if you honestly desire the benefits which I promise you. Unless you do that, you are not keeping faith with me or with yourself. If you fail to observe the simple rules which I lay down, then you will fail to derive the health which I can provide and which you are entitled to.

A lost screw from the mightiest machine will disable that machine and make it useless until the lost part has been restored. So with any cure — to be successful, it must have all its “screws.” There is nothing included in my treatment but what is highly essential. Everything else has been eliminated. It has been made purposely simple and brief in order that you may have no difficulty in obeying my demands. There is a good reason for each demand; a corresponding reward for fulfilling these demands.

Nothing unnatural or unfair is required of you. There is no reason why each command can not be obeyed; no reason why you should not enjoy the performance of these pleasant tasks. Your cure lies entirely with you. If you will do everything required of you, then a cure is assured. If you will not do these things, then a cure is doubtful. It may be necessary for you to make a few minor sacrifices, but health is surely worth the effort. You will go far out of your way to bring a business or pleasure deal to a successful issue; you should be willing to go as far or farther to bring health to your diseased body.

You should hold your body sacred. The body feeds the mind, that great organ which raises man above the beasts. It was created by God in His image and likeness and it is the house of the soul. A healthy body nourishes a clean, healthy mind. A healthy mind will create success. Your first duty then is to produce a healthy body. Constipation is the direct opposite of health and the forerunner of disease. To remove this torment, you must faithfully perform the few simple acts which I am about to describe.

Patience and determination are the key-notes of success. You do not "run down" in a day; neither must you expect to build up in that space of time. Besides, it is always easier to tear down than it is to build up. The most ignorant laborers can quickly raze a building, but it required skilled mechanics much time to erect it. So with your body. Carelessness, abuse or misfortune can readily pull it down, but it requires time, patience and skill to rebuild it.

Every person is the architect of his own fortunes. You are what you made yourself; you can be what you choose to make yourself. If you have laid the cornerstone of poor health by neglecting to recognize the dangers of those early attacks of acute Constipation, now is the time to correct that big mistake. To do so intelligently and positively, you must obey the instructions in this book. A permanent cure can be had in no other way, for no other method can reëstablish the conditions which Nature demands. Natural means are required to produce natural conditions. Unnatural means produce unnatural conditions, and ultimate harm.

The primary aim of my treatment is to cure Constipation. I offer it to you and you accept it for that purpose alone. If I cure you of this disease, then I have accomplished all which I promise. However, I will also give you many valuable suggestions for removing some of the disorders which are most closely allied to Constipation. I merely include these other instructions for your convenience and benefit. They are all natural aids and must therefore produce good. No harm can come from this treatment for it teaches natural laws and renews natural requirements.

All instructions are plain and simple; exercises few and easy; directions clear and concise. The entire course has been arranged to give most complete pleasure and benefit. I ask but little of your time, but I hope for much of your determination. You are not asked to make big sacrifices; just be natural and rational. Train your will to sanction right living and determine to remain faithful to the teachings of this course. Do this for a couple of weeks and the vast improvement in your health will supply the enthusiasm necessary for a complete cure.

That you may succeed in taking out all the good stored in the following simple instructions is the sincere wish of

Your friend,

THE AUTHOR.



## DIET

When the human body is in a state of health, it contains in right proportions all of the elements of which it is composed. A proper diet perfectly digested will keep the body supplied with all the ingredients which it requires. On the other hand, improper diet and imperfect digestion will produce in the body a lack of some essential element. This lack, if long continued, will lead to disease. Thus disease always indicates the lack of something or some things. To cure the disease, the elements which are lacking must first be introduced into the body in such form that the blood may take from them everything which is needed.

Every particle of the body is produced from the blood. The blood itself is drawn from the food which we eat. When the diet is at fault, then the blood can not be properly supplied with all the elements which it needs. People may have splendid appetites and may satisfy the last notch of those appetites and still have starved blood. They merely introduce into the body a surplus of some of the essential elements but leave a shortage of others. The value of a well-balanced diet is therefore apparent even in health. In disease it is even more important, for you must not only supply the necessary elements of repair but you must also exclude those elements which increase the burdens of the diseased organs.

Constipation is an indication of disease. Proper repair materials must therefore be supplied and all harmful materials must be excluded. In caring for this disease, diet becomes an all-important feature since food is all which enters the bowels. Indigestion and Constipation are closely related. Therefore the diet must not be a burden to the digestion. The laxative mucus must be supplied. Therefore the foods which create this needed fluid must be eaten. The bowels depend much upon muscular and nerve force for healthy action. Therefore the elements which sustain such action must be found. Diet then is the first essential in the work of regaining bowel health.

The diet rules which are to follow have been chosen after much careful study and experiment. Common, everyday foods have been taken in these food value deductions. You will therefore have no trouble in following my rules for they represent no hardships, inconveniences or unusual expense. When I tell you to eat of a certain food, I want you to do it. That food has been chosen because of some definite value to you in the disease which you desire to overcome. When I tell you to abstain from a certain food you must deny yourself of it. This demand is made because the food mentioned will act counter to the requirements of bowel health. One ill-chosen meal or dish will undo the work of weeks by re-clogging the bowels. The bowels will suffer a relapse and a permanent cure will be delayed.

I will not plan every meal for you and tell you that you must eat

this food to-day and that one to-morrow. I will not tell you how much to eat. I will not tell you how long to chew your foods. There is nothing uninteresting or fussy about my demands. I simply give minute food rules and show you just why you should obey them. If I forbid the use of some harmful food, I will give you a better substitute. I do not want you to starve yourself — you are doing that now. I want you to introduce every needed element into your body, but I also demand that you exclude those elements which further the damaging interests of Constipation. The first main cause of Constipation can not be removed unless the diet instructions contained in this book are strictly followed.

The composition and consistency of the food mass in the stomach and bowels is either acceptable to those organs or otherwise, according to whether you choose proper or improper kinds and amounts of food and drink. Too refined or too coarse foods should equally be avoided. One contains so much indigestible matter that it hardens and clogs in the bowels. The other contains insufficient residue to permit the bowels of normal action. Animal food favors natural bowel action better than a diet of bread alone. An exclusive diet of vegetables produces irritation of the bowels, for much of their mass is dumped into the intestines in an indigestible condition. A proper combination of animal and vegetable foods in proper amounts is best adapted to the wants of Nature. Such a combination is best taken care of by the organs of digestion, assimilation and exudation.

It seems that the body exudes nearly as much matter as it takes in. As regards volume, this is practically true. In all foods there is a large amount of indigestible matter which Nature purposely designed for mere refuse. This excrement has a definite value and is a big aid to the bowels in performing their proper functions. It not only gives the bowel muscles something to contract against, but it also absorbs harmful gases and holds the poisons and disease germs until they are carried from the body. When the bowels are not sufficiently supplied with refuse or unassimilated matter, they are unable to move the mass along because there is nothing for them to squeeze hold of. We have a fine proof of this in the bowels of an infant. When a child is on a very weak diet of liquids, there is always a tendency towards Constipation. This is due entirely to the small amount of residue remaining in the bowels. However, as soon as solid food is introduced, this trouble generally disappears. The amount as well as the composition and consistency of food is therefore very important.

For people in health, there are only two rules which they have to follow in observing diet regulations. The first is to choose the foods which “agree” with them, and avoid those which they can not digest and assimilate without harm. The second rule is to use only the kinds



and amounts of food which will supply all the nutriment which the body needs. They are easily guided in their selection since a perfectly healthy stomach, in conjunction with a well employed body and mind, will require but few food restrictions. In a healthy body, most things are easily digested and made assimilable. Such a body is easily guided by instinct, taste and experience. When acquired appetites overrule natural instincts and we neglect the teachings of experience, then we destroy the rule of natural food selection and some disorder arises. Constipation indicates this and the sufferer from this disease must be guided by his reason alone. The dictates of the palate will no longer suffice. Fixed diet rules must be provided and obeyed.

The chemical substances of which the body is composed are very similar to those contained in the foods which nourish it. About twenty elements are to be found in the body such as oxygen, hydrogen, nitrogen, carbon, calcium, phosphorus, sulphur, etc. These elements are combined so as to form a great variety of compounds. These compounds may be classed as protein, fats, carbohydrates, mineral matter and water. The functions of these compounds in the food are to repair the tissues of the body and to supply it with heat and muscular energy. The muscular worker requires an excess of fats, sugars and starches as well as protein. The sedentary worker requires few fats and carbohydrates. Constipation is chiefly found amongst the latter class and the diet rules in this book are directed chiefly towards that class. These rules will benefit the Constipation sufferer of any class of people but they aim particularly at increasing the personal efficiency of the sedentary worker.

Instead of treating the different foods under their technical divisions and subdivisions, I will make ten common groups and treat each in a plain, easily understood manner. I will take practically every ordinary food and show why it is beneficial or harmful to bowel health. I will go into the matter of preparation of these foods. I will provide rules to govern the amounts to be taken. I will tell you the best times to eat of this food and that. Finally, I will provide you with the recipes of foods which are of particular value in supplying bowel necessities. In this way the entire diet field will be perfectly covered and you can make no mistake nor fail to derive all of the benefits which this schedule provides.

Constipation is so often complicated with dyspepsia and indigestion that many of the desired results of this treatment must be sought through proper dietetic regulations. Obedience to the following diet rules will hasten the fulfillment of your desires and permit you to take the longest step towards that physical condition which you so sincerely hope for.

## MEATS

Food can naturally be divided into two classes — animal and vegetable foods. Animal foods, especially meats, are rich in fats and protein. Vegetable foods contain large amounts of sugar, starch, woody fiber, etc. The value of meat as a food depends upon the presence of protein and fat. The protein is found in the lean muscular tissues of the meat. The fat is partly stored in quantities so large as to be easily seen and partly distributed in small quantities between the fibers of the flesh.

The compounds contained in animal foods are much the same as those contained in our bodies.. They therefore require but little change before they are prepared for use in the body. This property of meat makes it easily digested and assimilated, and it is thus favorable to natural bowel action.

The fat is harder to digest than the lean, as it requires a greater chemical change. This reduction takes place with the starches in the intestines where the pancreatic juice and bile are secreted. In order to relieve the intestinal organs of this burden, the bowel sufferer must eliminate undue amounts of fats and oils. True, the body requires both fat and oil, but you will receive all that is necessary from lean meats, butter, cream, cheese, nuts, etc. No flesh is so lean as not to contain some portion of fat; even dried beef will contain from three to five per cent. of it.

Fresh and salt pork, bacon and ham are too rich in fats and should not be eaten. Broilers, rabbit, and veal contain too little fat and should not be eaten. The best meats are beef, mutton, lamb and all fowl.

Roasted meats are most completely digested; raw meats are most easily digested. Meat which has been roasted rare is therefore best adapted to stomach and bowel health. The roasting should be continued only until the tissues have been softened and partly loosened. This operation will also kill parasites and render all organisms harmless. Boiled meats can be eaten if desired; also broiled meats. No fried meats should ever be eaten. This method of preparation requires the use of fats and greases, and the foods thus prepared are rendered indigestible and constipating.

Meat taken once a day is plenty for the average person of sedentary occupations and habits. It should be eaten in the evening after the labors of the day have created its need. The appetite should regulate the amount required.

Avoid all smoked, salt and dried meats. Eat no pork, veal, rabbit, liver or kidneys. Eat no sausage or canned meats; no fried meats; no pickled tongue, pigs' feet, etc. Cold meats are more or less indigestible, while hash should never be eaten. Meat extracts such as beef tea, beef

extracts and beef cubes are merely nitrogenous extractions or meat bases. They contain little food value but are highly stimulating. They may be used if desired.

## FISH

Fish is very valuable and it ranks high as a brainy or vital food. When properly prepared, fish is easily digested and assimilated. Some fish are rich in natural oils while others are deficient in this respect. The white-meated fish are usually less oily than other fish and they are therefore most easily digested. Few restrictions may be mentioned in connection with this staple diet.

The best fish for your needs are cod, halibut, mackerel, perch, shad, trout, bass and white fish. Avoid salt and smoked fish, eels, and all canned fish like sardines, salmon, tuna, etc.

Fish steaks should be slowly broiled. Whole fish should be baked and served with lemon. Fish may also be boiled and made into salads, using mayonnaise dressing, or it may be creamed. Never eat fried fish.

Oysters and clams may be eaten when desired. They are best raw when taken with lemon juice. They may also be stewed. Steamed clams are very hard to digest and should never be eaten. Clam chowder is also indigestible with many persons. The juice from steamed clams is valuable, as well as clam bouillon.

Lobsters, crabs and shrimp in moderate amounts may be eaten in either of the usual forms of their preparation. Fish generally takes the place of meat and should be eaten in the evening under the guidance of appetite and experience.

## DAIRY PRODUCTS

Dairy products have always been regarded for their high food values. However, some of these products are not very well adapted to the needs of the Constipation patient.

Butter consists of about eighty-five per cent. of fat. The other fifteen per cent. is made up of water, ash and protein. This fat is more easily digested than the meat fats. The amount normally used will not overburden the digestion and its use is permitted in all cases.

Cream is higher in fats than carbohydrates and may be used whenever desired. Whipped cream is especially valuable with some fruits, gelatins, fruit salads, custards, chocolate and cocoa. Coffee cream may be drunk or eaten with prepared breakfast and other foods.

Whole milk is higher in carbohydrates than fat and is generally known to be constipating. Little or no milk should be drunk, but frequently physicians prescribe its use. In this case, it should be diluted



one-third with boiling water and slowly sipped before the meals. Boiled milk is very constipating but valuable with toast in diarrhœa. Skim and buttermilk consist chiefly of water, carbohydrates and protein. Small amounts are permitted. Condensed milk is very high in carbohydrates. It should never take the place of cream unless fresh cream is unavailable. Malted milks are very valuable and have a definite bowel value. They should be substituted frequently for tea, coffee and cocoa.

Cheese has a high protein and fat value. It is a very nourishing food but it is not well adapted to weak digestions. You should avoid all hard, firm and spongy cheeses like cream, switzer, cheddar, brick, limburg, etc. The soft cheeses may be eaten, especially cottage, camembert, neufchatel, pimienta, snappy, etc.

Eggs make excellent articles of food for they are very nutritious and easily digested when properly prepared. Even very young infants have little difficulty in digesting the whites of raw or coddled eggs. The yolk is rich in fat while the white yields much protein. Eggs make a splendid morning food but they may be taken at any regular meal time. Raw eggs are most easily digested. They should be well beaten and taken with equal parts of milk and cream, but no liquor or nutmeg. Two or three minute boiled eggs and poached eggs are also very wholesome and digestible and should be eaten with a little butter and salt but no pepper. Never eat hard boiled, fried or egg omelet. Scrambled eggs may be eaten if desired.

Honey is a natural laxative and should be eaten often. Be careful not to eat any of the waxy comb for it can not be digested. Strained honey is therefore best. It may be eaten on bread, corn cakes, etc., or with cooked fruits as a sweetener.

## VEGETABLES

Meats produce muscle and heat while vegetables produce energy. The latter food is therefore very essential to the brain and sedentary worker. In Constipation, it is especially valuable for the ingredients of bowel action and repair are contained chiefly in vegetables and fruits. Vegetables are mainly composed of water, carbohydrates and organic salts with small portions of protein and fat. They should therefore be eaten with foods which are higher in the two last named essentials such as meat, eggs, butter, etc.

Vegetables require much chemical change before they can be assimilated and are less easily and readily digested than animal foods. The nutrients of vegetable foods are often enclosed in woody walled cells which resist the action of the digestive fluids. Those vegetables which contain most woody fiber should therefore be avoided. Some vegetables can and should be eaten raw but most of them require careful, thorough

cooking before they are acceptable to the organs of digestion and assimilation. All vegetables should be crisp and firm when put to cook. If a vegetable has lost its firmness, it should be soaked in very cold water until the crispness has been restored. All vegetables which are to be cooked must be put in boiling water and the water made to boil again as quickly as possible. Never place vegetables upon the stove in cold water and let them come to a boil. Vegetables must be cooked until the fruit is soft but still firm. Further cooking will injure it. When cooking vegetables, the cover of the stewpan should be drawn to one side. This will permit the volatile bodies to pass off in the steam.

Vegetables may be divided into several classes. These are cereals, legumes, tubers, roots, bulbs, and herbaceous vegetables and vegetable fruits and flowers. The cereals and fruits will be treated in separate chapters and vegetables proper in this one.

LEGUMES are usually in the shape of a pod. Those mainly used are beans, peas, cowpeas and lentils. The fruit should be eaten while still green, tender and unripe. Green beans and peas, when removed from the pod, should be cooked gently — just simmer. When the whole pod is taken, as with butter and string beans, they should be quickly and violently boiled. A small piece of soda added to the water will render them more tender. Season with salt and butter. The dried legume seeds are too rich in carbohydrates for ready digestion and should not be eaten. This applies to all dried beans, peas, cowpeas, etc. Canned green peas, butter beans, succotash, etc., may be used when fresh vegetables are out of season.

TUBERS most familiarly known are white potatoes, sweet potatoes and artichokes. These vegetables are composed chiefly of the carbohydrates and water. They form an important part of the present-day diet but no vegetable is so frequently abused and carelessly cooked. Tubers are digestible or indigestible — beneficial or harmful — according to whether they are properly or improperly prepared.

The best way to cook potatoes is to bake them in a hot oven. The starch granules must be steamed until they burst. There is just enough moisture in the potato to accomplish this perfectly. Potatoes are always light, dry, glistening and mealy when sufficiently baked. Such a potato can not cause digestive disturbances if eaten at once. On the other hand, when there is an over amount of moisture, the starch becomes water soaked and is absolutely indigestible and constipating. This defect often arises in boiling although the boiling process is successful when proper care is taken. Mashed, mealy potatoes are beneficial when prepared with cream and butter. Plain, German or French fried potatoes should never be eaten. Neither should cold or warmed over potatoes. Potatoes are so starchy that they should be eaten but once a day — in the evening with meat, bread, etc.

VEGETABLE ROOTS include beets, radishes, turnips, parsnips and carrots. Such vegetables contain more woody fiber than other vegetables. For this reason, fewer of them should be eaten. All are permitted except radishes. This vegetable is usually eaten raw and it invariably causes some digestive distress. None of the others mentioned should ever be eaten raw but they are very palatable and beneficial when properly treated.

These vegetables should be of the quick growing varieties and they should be picked before they come to full, ripe size. The smaller ones are generally firm, crisp and juicy and they contain a minimum amount of indigestible fiber. They should be diced or sliced into rather small pieces and allowed to slowly boil in salted water until the fruit is soft and tender but still firm. They may then be mashed with butter and salt or creamed. Beets are often pickled while parsnips and carrots are frequently fried. Do not eat of these vegetables when so prepared. The boiled tops or greens of young beets may be eaten when prepared with plenty of butter and salt.

VEGETABLE BULBS embrace the different varieties of onions, leek, garlic, chives, etc. These vegetables are often classed with the so-called "stimulating foods." They are used mainly as flavorers but are often prepared in various ways as a vegetable dish. Because of their strong flavor, many persons can not eat of them. Those who can usually do so at the risk of incurring digestive distress.

If you like onions and they "like you," you may eat of them occasionally. The little green onion, young Bermuda and Spanish onions may be eaten raw with plenty of salt but other varieties are best cooked. Boiling is the proper method of preparation but frying should never be employed. White onions are the most delicate—the yellow and red varieties are more indigestible and should never be eaten.

HERBACEOUS VEGETABLES such as cabbage, brussels sprouts, asparagus, spinach, celery, lettuce, endive, etc., are also known as stimulating foods, blood purifiers or pure laxatives. Although the food value of such vegetables is low, still they are rich in organic salts. For this reason they are very refreshing and prove of great value to the constipated, sedentary worker.

Lettuce, endive and celery are most often eaten raw or in salads. They should be young, fresh and tender when so used. After they have lost their natural brittleness they should be cooked by boiling. Lettuce and endive with mayonnaise dressing make delicious and wholesome sandwiches. Spinach and "greens" are well known for their natural laxative qualities. They are very readily digested when well cleaned and thoroughly cooked. They should be seasoned with much butter and salt. Vinegar should be avoided.

Cabbage should be boiled but never eaten raw. The large amounts



of sulphur which it contains make it highly indigestible in the raw state. This vegetable should be boiled rapidly all the time. For young fruit, half an hour will be sufficient, while old fruit will require three-quarters of an hour. When done, cabbage should be crisp and tender. The green portions should remain green and the white portions should remain white. If the cooked vegetable is yellow or brown, that indicates over cooking. Such over cooked cabbage is very indigestible and should never be eaten. Warmed over cabbage always has this reddish brown cast — do not eat it. Lean ham may be cooked and eaten with cabbage if desired. These cabbage rules also govern the use of brussels sprouts, sauer kraut and asparagus.

VEGETABLE FRUITS AND FLOWERS include tomatoes, okra, squash, pumpkin, cucumber, eggplant, peppers, water and musk melon; globe, cauliflower and broccoli. Water and muskmelons are commonly regarded as fruits proper and will be mentioned later. All these vegetables, when properly prepared, are excellent foods. For the bowel sufferer, tomatoes, cucumbers and peppers are particularly valuable.

Okra is much used in the South. The pods should be boiled in salted water until tender, then creamed and seasoned with butter and salt. Squash should be picked when small and tender. To prepare, it should be cut up into small pieces, boiled until soft, then mashed and seasoned with plenty of butter and salt. Pumpkin may be prepared in the same manner but it is used chiefly in pies. Here the pie crust and the seasoning spices render it indigestible and it should be avoided. Eggplant should be stuffed and baked, broiled but never fried.

Tomatoes are great solvents and should be frequently eaten by the bowel sufferer. The best form in which tomatoes may be consumed is raw, fresh from the vine with salt. They also may be sliced and eaten raw with lettuce and mayonnaise or sliced and eaten alone with lemon juice. Stewed tomatoes are very good but should be cooked slowly and seasoned with butter, salt and a little sugar. Do not overcook tomatoes — twenty-five minutes should be sufficient. Tomato soup and cream tomato bisque make splendid, easily digested foods. Other soups are improved by the addition of tomato. Canned tomato soup and tomatoes may and should be used when the fresh vegetable is not to be had.

Cucumbers are best raw with lemon juice or mayonnaise. They should be sliced crosswise and allowed to remain in cold salt water for half an hour before eating. Cucumbers should be gathered while still green, crisp and juicy. The seeds should be soft and tender. When the seeds begin to get tough, the fruit is unfit for raw use. They may then be stewed if desired. Cucumbers are often used in salads and make a good addition. They should be eaten frequently when in season and to avoid any digestive disturbance, they must be thoroughly masticated.

Peppers may be eaten either raw or baked. Sweet green peppers

make excellent salads alone or when mixed with other salad vegetables such as lettuce, celery, endive, water cress, etc. Red peppers may be eaten with tomatoes or on lettuce with mayonnaise. Canned Spanish or Italian peppers or pimientos add greatly to the quality of salads, soups, etc., and should be found on your daily menu.

Cauliflower is the best known of the vegetable flowers. It is most delicious and wholesome when properly prepared but unpalatable and very indigestible when over cooked. Like cabbage, it should remain white when done. If it has turned yellow or brown or reddish, then it has been over cooked and should not be eaten. Cauliflower is usually creamed and may be eaten as a vegetable dish or over toast and steak in place of mushrooms. Broccoli is a species of cauliflower and may be served in the same manner.

## FRUITS AND NUTS

Fruits though low in food values, have a great dietetic value. They should be used generously and wisely both fresh and cooked. The Constipation patient should eat of some approved fruit at least three times a day for it supplies the sugar which the body requires and is rich in potash, soda and other organic mineral salts. Fruits are cooling and refreshing as well as stimulating. They have a high solvent power on the more nutritious foods and they greatly aid the digestion of these other foods when not taken in excess.

The best fruits are the juicy fruits such as grape-fruit, oranges, lemons, melons, grapes, apples, pears, cherries, etc. These fruits should be eaten raw for they are more appetizing and refreshing in this state. When of good quality and eaten in moderation, these fruits will greatly promote healthy digestive and intestinal action. Never eat over-ripe or partly decayed fruits. Such imperfect fruits will ferment in the intestines and cause an attack of intestinal indigestion. Fruits should be gathered and eaten before they become "dead ripe," while they are still firm, crisp, tender and juicy.

Bananas are so full of carbohydrates as to be ordinarily very indigestible and their use is therefore forbidden. Peaches are astringent with many and should be avoided, especially the skins or any sauce or jelly in which the skins or stones have been cooked. Apricots are beneficial in any form. Eat no fruits which pucker the mouth such as choke cherries, crab apples, prickly pears, etc. Black and red raspberries usually have immense numbers of hard seeds in the fruit pulp and should be eaten of but seldom. The other berries, currants, etc., are very good. Pineapples have much woody fiber and should always be cooked. The fruit should be chosen while it is still fresh, young and crisp. Melons are very refreshing and may be eaten alone or seasoned with salt.

Cooking changes the character and taste of fruits. Cooked fruits are not so cooling and refreshing as raw fruits, but generally a greater amount may be eaten without causing stomach and intestinal disturbances. This is particularly true when refined sugar is eliminated in the cooking. Sugar spoils the natural flavor of fruits and it renders them very much less digestible. Small amounts of brown sugar may be used, but molasses, honey and maple sugar make the best sweeteners. They are naturally laxative in their action and their use is much preferred and should be favored above the refined and coarse sugars.

Apples should be baked or made into sauce. Pieces of lemon or lemon juice will improve the quality of the sauce. Pears, peaches, plums, cherries, pineapples, rhubarb, berries, currants, etc., should be stewed. Most of the other fruits should be eaten raw alone or in desserts and salads. There are a great many simple dishes which may be prepared from fruits. Such desserts should supplant the harmful pies and pastries which generally render a meal unwholesome, indigestible and constipating. Lemons are the best solvents and they greatly aid the liver in its important tasks. Lemon juice should always take the place of vinegar on raw vegetables, fish, oysters, etc. Partly sweetened lemonade is a valuable drink especially in the morning or at bedtime. It may also be drunk between meals. The same rules may be applied to the use of orangeade. Lemons, oranges and grape-fruit are very valuable fruit foods. They may be had nearly the whole year around and should be eaten in some form daily.

Dried fruits are richer in carbohydrates than fresh fruits because much of the water has been evaporated from them. The commonest dried fruits are figs, dates, raisins, currants, apples, apricots, peaches and prunes. Dried peaches should not be eaten at any time. Figs have a high laxative value and should be eaten of often. Observe moderation when eating figs, dates, raisins and currants for these dried fruits contain much sugar. An abnormal amount of such fruits will invariably overtax the digestion and cause distress and bowel trouble. When eaten, such fruits demand thorough mastication and the best time to eat them is after the meals as a dessert. These fruits are often found in baked stuffs and they add greatly to the flavor and nutriment of bread, cakes, etc.

The other dried fruits should be stewed without sugar. A little molasses or honey may be added if desired; also slices of lemon and orange or the juices from those fruits. Stewed prunes are very wholesome and bowel aiding when so prepared. They make an excellent breakfast fruit or dinner dessert when eaten with cream or whipped cream. All the fruits except the few which I have criticised should find an important place on the food schedule of the Constipation sufferer. No meal is really complete without fruit in some form. The



morning meal demands fruit above other foods. Oranges, grape-fruit, melons, baked apples and stewed prunes are the best whole dish fruits. The other foods are especially valuable and delicious with breakfast foods, porridge, etc.

Fresh fruits should also be eaten for lunch, as a dessert and between meals or at bedtime when desired. Take care to avoid over-ripe, partly decayed and fruits which have been too highly sweetened. Such highly sweetened fruits as are to be found in preserves, conserves and relishes should never be eaten. Canned fruit may be eaten when fresh fruit is scarce or absent.

ALL NUTS are high in carbohydrates and fats. They are very nutritious but require a complete chemical change before they are made assimilable. For this reason, nuts are not very well adapted to a weak digestion and they should be strictly avoided by all who suffer from dyspepsia, indigestion and liver complaints. The Constipation patient must eat very sparingly of nuts. When they are eaten, they must be perfectly masticated or they will not digest. Chew them up fine and eat a very few very slowly.

Those nuts which are bitter and "bite the tongue" must never be eaten. Such nuts are English walnuts, pecans, acorns and pignuts together with the meats from fruit stones like peach, plum, cherry, etc. Chestnuts should never be eaten raw. They are best boiled or roasted. Cocoanuts contain too much fat and woody fiber and too little protein and should not be eaten. Roasted peanuts are indigestible and constipating. Raw peanuts are much less so and a few eaten each day before the meals will often aid the bowels. The best nuts are blanched almonds and filberts; black walnuts and butternuts; Brazil nuts and hickory nuts. When a recipe calls for the addition of nuts, use either raw peanuts or one of the last named varieties.

## CEREALS

The cereals are extensively cultivated and universally used as food. Statistics show that cereals provide over half the food of the average individual in this country. In many foreign countries, this percentage becomes very much larger. The value of cereals as food has always been recognized for the first historical records speak of bread. Every race of people to-day, with the possible exception of the Esquimo, depend in a great measure upon the cereals for sustenance. The grains most commonly used are wheat, corn, oats, rye, millet, buckwheat, rice and barley. All the cereals contain generous proportions of water, carbohydrates, protein, fat and mineral salts. Therefore the meal made from the entire grains contains every element required to sustain life. The different processes of modern milling, however, deprive the finished

product of many of its essential elements. This is an injustice to the grain and a slap at Nature; and the many digestive ills of the nation speak all too plainly of the punishments which this process merits.

To the average mind the word "cereal" means some prepared breakfast food or porridge meal. Because of this common belief, I will only consider such foods in this chapter. In the earlier days, the cereals were simply husked and more or less crushed between any two stones which came to hand. Corn and oats were probably the first grains so used in this country. These products required the long and patient cooking which was rarely convenient with the utensils then in use. As civilization advanced, the method of milling and cooking improved until to-day we have any number of differently prepared cereal foods. All such foods undoubtedly have some definite merit but I fear few will stand up to the many claims made for them by their manufacturers. They may be divided into three groups. The first to refer to those which have been prepared merely by grinding the grain; the second to those which have been partially cooked and then ground or rolled; the third to those which have been chemically changed by the addition of some malt preparation.

The value of a cereal as food depends upon how much or how little of the entire grain has been taken in preparing the food for use. The first class of cereal foods is more apt to contain the best average, although I believe all the cereal foods, except white flour, contain some proportion of the outer or bran coating. This outer coating is the part which contains the elements most needed by the Constipation patient. When these elements have been wholly or partly removed in milling, the logical thing for you to do is to replace them. This can be accomplished by adding coarse grains and bran to the usual cereal foods. They should even be eaten raw in small quantities or taken with a glass of plain or salted water. Corn meal and wheat bran are the handiest and best coarse cereals for this important purpose.

Sweet green corn may be mentioned here. It is a cereal but frequently regarded as a vegetable. It is a valuable article of diet when young and tender and not over cooked. It should be eaten from the cob with salt and butter and must be very thoroughly masticated. Canned corn may be used when fresh corn is out of season.

Corn meal is a most valuable cereal food. It greatly aids natural bowel action when eaten raw before meals. A tablespoonful of corn meal stirred into a glass of warm salted water should be drunk half an hour before breakfast each morning. Corn meal mush is very nutritious and it lends variety to the diet. Like all the cereals, it requires thorough cooking when prepared in this way. No cereal can be over cooked but most of them are under cooked. The best method for cooking cereals is to double boil them. This is slower than direct boiling but more satis-

factory. Cereals should direct boil for half an hour and should double boil for an hour. Many persons wisely put their cereals to cook in a double boiler at bedtime and allow them to simmer on the back of the stove all night. Cereals should be seasoned with salt and eaten while still warm with a little sugar and cream; and fruits when desired. Cold mush is sometimes fried but the product is indigestible and should not be eaten. Corn bread or "johnny-cake" is a good food; also corn griddle cakes. Both of these preparations should be sweetened with molasses. Corn meal will also improve the nutritive and bowel value of other breads, cakes, soups, etc.

Oatmeal and flake make wholesome cereal dishes. The meal should be either double boiled or soaked over night. The flake may be direct boiled. A little wheat bran may be beneficially added without injuring the flavor of the porridge. Cracked whole wheat is also a good cereal food and should be prepared the same as oatmeal. Cream of Wheat is prepared cracked wheat from which much of the outer layers has been removed. It is a good cereal food but less valuable than the coarser foods. Rice is mostly starch but makes an excellent food when properly prepared. It contains very little woody fiber and it therefore digests more easily than some other foods and requires a little less cooking. It should be boiled or double boiled for half an hour or longer and eaten with cream. Puddings of rice which also include raisins or other fruits with eggs and cream are very wholesome dishes. Rice is also used for soups, etc. Never eat rice with potatoes; such a combination introduces an abnormal amount of starch into the system and the liver and bowels are overtaxed in getting rid of it.

The second class of cereal foods is that which includes the flaked, shredded and puffed foods. Such cereals as wheat, corn, rice and barley flakes; shredded wheat; puffed rice, wheat berries, etc., come under this class. These foods are not as wholesome as the coarse cereals but they are more palatable and convenient. They should be eaten with wheat bran, fruits and cream. Put some of the food into a dish — sprinkle a generous pinch of bran over it — then cover with another layer of the food. Do not sweeten but pour fruit and cream over it and eat at once before the food soaks up in the cream. Be sure that these foods are crisp before eating. When moist, they become tough and very indigestible. Always heat in an oven until the crispness has been restored. Shredded wheat is the best of these foods but all may be eaten with benefit and relish when prepared as directed above.

The malted foods are easiest to digest for the malt changes the character of the starches so that they are more easily acted upon by the digestive juices. They therefore make excellent cereal dishes and require a little less cooking than the coarse cereals.



## BREAD AND CRACKERS

No food constitutes a larger part of the diet of the average person than bread. Its use is general in practically every section of the world but its abuses are many. Women vie with one another to see who can produce the whitest and firmest loaf. This vanity on the part of the present day cook and baker is the biggest factor in making digestive disturbances so prevalent to-day. The miller obeys the demands of the trade and he competes with his fellows in putting forth the whitest, finest ground flours. This competition has continued so conscientiously that the average white flours so abundantly used at the present time contain but few of the elements which the body requires. These flours have been so refined and bleached that little remains but indigestible, constipating starch. The bread products made from such flours should more properly be called the "staff of death" than the "staff of life" for they contain such an unwholesome excess of starch and are so one-sided, that they permit a large variety of digestive and other ills to arise. Experiments conducted with white mice prove these claims positively and every food expert and most physicians admit that Constipation has its beginning and finds friendly assistance in the white flour products so generally used.

The cereals most commonly employed in flour making are wheat, rye, buckwheat and corn. There are also oat and barley flours but their use is confined chiefly to infant feeding. Wheat is most used in this country and its flour products are many and various depending upon the amounts of bran retained or rejected and upon the number of rollings permitted.

There are six parts to the wheat kernel and each part contains some element necessary for the work of sustaining robust life. The outermost coating is called the skin or testa. The next coating is called the membrane and it lies next to the cereal or aleurone layer which completely surrounds the starch or flour cells. At the end of the kernel lies the embryo and scutellum, the parts which germinate and develop into new wheat plants. The five outer layers constitute the bran. The first three are known as skin; the next one as testa and the fifth one as membrane which surrounds the cereal layer. These layers constitute about thirteen per cent. of the entire grain and they contain the elements most needed by the Constipation patient. White flour contains none of these coatings and for that reason it must never be used until the missing elements have been added.

Graham flour is wheat meal which contains all of the grain. It receives its name from Dr. Sylvester Graham, an American physician who advocated its extensive use. This meal is made by simply cleaning the grain and then grinding it in one process which will insure the com-

plete crushing of the grains. This is a more beneficial flour than entire wheat flour which is not entire wheat at all. In making entire wheat flours, the outer bran coats are rejected but the inner ones are retained. Therefore entire or whole wheat flour, though not as good as graham, is far superior to white wheat flour which contains none of the outer or mineral bearing layers. Graham and entire wheat products should be used — white wheat flour products should never be used.

Bran bread is by far the best bread for the constipated. This bread is very easily and cheaply made from my recipe. It is very beneficial and wholesome and if you can not make it yourself, you should have it made for you. I consider its use so important that I shall ask you to use it at every meal. This bread alone has cured many and its use is advocated by all who specialize in stomach and bowel complaints. Bran gems are also delicious and valuable. Graham, brown and entire wheat breads may be used with the bran bread. My recipes should be used in preference to bakers' products. Rye bread has a greater value than white wheat bread and it may be used after the bowels become more regular in their action. Corn bread has already been mentioned. Buckwheat is usually made into griddle cakes. They should not be used during the first weeks of the treatment and many find that buckwheat irritates the blood and causes itchy eruptions. It is a poor food for the sedentary worker. Gluten breads are valuable and are usually eaten by sufferers from diabetes.

White crackers contain a greater proportion of starch than white bread and they should never be eaten. Graham, oatmeal and entire wheat crackers are best; also triscuit and wheat grits. Use no entire white flour products like macaroni, potpie, bread, rolls, crackers, biscuits, etc. Do not thicken gravies, etc., with white flour paste. Eat no bread until it is twenty-four hours old. It should be eaten with butter, molasses or honey.

## PASTRY, CAKES, ETC.

The foods which come under this heading are merely combinations of other foods which I have already described. Their number is so large and the individual methods of preparation are so diverse, that I can only treat them in a general way. As a rule, they are prepared with large amounts of sugar and are usually eaten at the end of the meal. This frequently occurs after the appetite has already been satisfied with more wholesome food. Such foods are superfluous and useless and they are eaten at the risk of overcrowding the stomach and rendering the whole meal indigestible. Many persons like to finish off a meal with some sweet food but juicy fruits or dried fruits like figs, dates or raisins

will satisfy the craving much more satisfactorily and beneficially than puddings, custards, pies, cakes, ice cream, candy, etc.

Pies should never be eaten because of the indigestible crust. Cakes and cookies made from white flour and highly sweetened should not be eaten. Plain cakes or cookies made of approved flour and slightly sweetened with molasses, honey, etc., should take their place if you feel a need for such food. Light, soft custards may be eaten when not too sweet. Fruit puddings are generally wholesome but should not be spiced or sweetened to excess. Such puddings as corn starch, tapioca, sago, etc., are too starchy and should be avoided. Ice cream, if home made of pure ingredients, is a very wholesome and refreshing food. Adulterated and sweet creams are indigestible and many fatalities have been recorded as a result of eating cheap creams. Confectionary and candy is little else but raw or boiled sugar and syrup and should not be eaten. Plain candies in moderate amounts may be eaten occasionally. Molasses candy and dinner mints or any such ordinary sweet, though not a benefit to stomach and bowels, may be eaten without much danger of disturbance. A good quality of pepsin gum may be chewed with benefit a short time after meals.

The diet knowledge you have received from that which has preceded should guide you in the selection of all foods under this heading. Rich, sweet foods made from starchy materials with much "shortening" spices, etc., should not be eaten. None of them really benefit stomach and bowels, so you must permit your judgment to tell you how far you may go.

## MISCELLANEOUS

To complete these diet instructions, a few more common foods should be mentioned. Soups are very wholesome when made of proper ingredients. They should be thick rather than thin. Lean meat broth with cooked vegetables makes an ideal soup. Season soup with salt and cayenne pepper. Never eat rich, greasy soups or thin "watery" ones. Bean, rice and noodle soups may well be avoided. Canned soups may be used when desired. Meat and vegetable stews are beneficial when thoroughly cooked. This is a better way to use up cold meats than to make it into constipating hash. Cut the meat and vegetables up rather fine and boil down until thick. Pour over it a cream sauce with butter, salt and cayenne pepper. Rich, greasy gravies and sauces must never be eaten. Lean meat juices may be used for gravy if not thickened with white flour paste.

Pickled vegetables and fruits or other foods prepared in vinegar should not be eaten. Olives are the exception and those stuffed with peppers or celery are best. Preserves and relishes have little or no food



value, are indigestible and should be avoided. They incite the digestion and create an unnatural demand for abnormal amounts of food. Food dressings are usually beneficial, especially those made with olive oil. Mayonnaise is undoubtedly the best and should be eaten of frequently with salads and vegetables. French dressing is also beneficial for stomachs which can digest raw oil easily. Cream salad dressing and boiled mustard dressing also have a definite mucus value.

Salads are very stimulating and refreshing. Those made with mayonnaise are especially valuable. Potato salads of any kind should not be eaten because of the condition of the cold starch in the potatoes. The best salads are those made of green vegetables. Waldorf salad is a very delicious and nutritious salad. Fruit salads are easily digested and make excellent desserts. Meat and fish salads are also permitted.

Condiments are added to foods not only to flavor them, but also because they have certain physiological values. Salt is the all important condiment. It is necessary for the digestion of all vegetable substances and unless it is introduced into the stomach with the food, the gastric juice is imperfect for want of the muriatic acid which it contains. It also completes the flow of the bile by virtue of its alkaline principle. In addition, it prevents the growth of intestinal worms and has other uses in the body. Pure cayenne pepper has an excellent effect upon the mucous membrane of the stomach and bowels and is especially recommended to those who suffer from hemorrhoids. Unadulterated mustard is also a good condiment for it increases stomach power.

## DRINKS, ETC.

Much of the weight of the body is made up of water. This liquid performs many physiological purposes and its presence in sufficient amounts is always demanded by the body. The blood requires much water in performing its functions. The eliminating organs demand it for the purpose of aiding in the important work of throwing off poisonous waste. It softens the food, flushes the kidneys, cleanses the bladder, etc.

Fresh spring water is best. Mineral waters contain too much earthy and mineral matter and often produce evil. Distilled water occupies the other extreme and contains no mineral salts whatever. Its continued use is harmful and some authorities claim that it promotes tuberculosis. Good filtered river and lake waters are most accessible and they are usually supplied to city and village consumers.

Water should be drunk the first thing in the morning and the last thing at night. The morning drink should be hot salted water in which a tablespoon of corn meal has been stirred. The night drink should contain a tablespoonful of lemon juice. Ice water and ice cold drinks should never be used. When there is bilious colic or nausea, cracked ice

may be used with benefit. Never drink with your meals, for an over amount of liquid will dilute the digestive fluids and impair their action. For the same reason, water or other liquids must not be drunk half an hour before or one hour after eating. Drink all you want between meals and a little more than you want. It will soften the food and greatly aid the stomach and bowels. All drinks are most beneficially taken when slowly drunk or sipped.

Liquors and beers should not be drunk because of the alcoholic sugars which they contain. Ale and porter are sometimes mistakenly prescribed by physicians who believe that they possess nutritive values. Careful experiments show that all such drinks have no food value but merely produce a harmful stimulation which is always followed by a weakening reaction. They cause digestive disorders, enlarge the liver and injure the kidneys. Good qualities of claret and porter are sometimes valuable in treating insomnia. One glass at bedtime is the proper dose.

Tea and coffee are astringent and should not be drunk. They contain no food value; but the presence of caffeine, a poison, seems to have a stimulating effect upon the nerves which soon become deranged because of repeated proddings. Coffee and tea infusions are said to harden the mucous membrane of stomach and bowels and they tend to destroy the functions of the mucous glands. Chocolate and cocoa may be used occasionally but not steadily day after day. Coffee substitutes made from roasted cereals are not stimulating but they contain a definite food value and may be used when desired. Use cream but do not sweeten very much.

Lemon and orangeade are good drinks when not too sweet. Oatmeal, bran and barley waters may be used. California grape juice, new cider or other fruit juices are very refreshing drinks. Concord grape juice is astringent with many. Skim and buttermilk may be drunk in small amounts. Beef extracts, malted milks, chocolate, cocoa and coffee substitutes are best for preparing hot drinks.

Tobacco, like all narcotics and opiates, has a baneful influence upon the nerves, stomach, bowels and the other organs. The kidneys and lungs are overtaxed in their efforts to rid the system of the offending nicotine; the heart is weakened; teeth are injured and other harms result. Every tobacco user knows from experience that this weed does him no good but he finds it hard to give up the habit after it has once taken root. Understanding this attachment to tobacco, I do not ask you to deny yourself entirely of the pleasures (?) of smoking. I merely ask you to be as moderate as possible and not to use the stuff immediately before or after eating. An hour each way will be a safe margin. The chewing of tobacco should never be countenanced. It robs the salivary glands, outrages the nerves, discolors the teeth and induces indigestion.

The condition of the mind is also an important factor in attaining complete bowel health. The brain is the boss over the body every day of life and it requires relaxation and rest the same as any other organ. Worry, fatigue, suspicion, contempt, hatred, anger, obstinacy and stinginess are some of the mental excesses that tend to paralyze the bowels. Be cheerful, optimistic and hopeful and your life will not only run more smoothly, but your health will be greatly promoted as well. It may be a little hard to follow such advice but you must make an effort to overcome pessimistic, skeptical cynicism and to supply an even mental poise.

## WHEN AND HOW TO EAT

The body is often compared with an engine in which the stomach is the furnace and the food its fuel. Food is needed to keep the body supplied with heat and energy but it must not be introduced until it is required. When the sustaining values of previously eaten foods have been burned up, then the sense of hunger indicates that fresh supplies are demanded. At the present day, when a majority of people eat from mere habit, this sense of genuine hunger is rarely felt and other rules must be followed.

The custom of eating three times each day is an old one and the best one. Some advocate the use of lesser quantities of food at more frequent intervals but there are at least two arguments against such a practice. In the first place, fresh food does not mix well with partly digested food and it is apt to be carried from the stomach in an indigestible condition to ferment and sour in the intestines and bowels. In the second place, the stomach requires rest and it can not work continuously day and night. A rest period should be supplied after the digestion of every meal and to insure this needed rest at least five or six hours should separate the different meals since some foods require from four to five hours for complete digestion.

Breakfast is an important meal since it comes at a time when the body has gone from ten to twelve hours without food. It should consist of fruits, eggs, cereals, etc. From breakfast to lunch time, you do little to demand the presence of much additional food and the lightest lunch imaginable will be sufficient at this time of the day. Some juicy fruit with approved bread and butter will do very well or perhaps cereal and cream. Any light food in moderate amounts will suffice. Headaches may result for a few days but hot beef tea or malted milk will quickly alleviate them. At noon, rest and exercise are more essential than food. Take a short rest after lunch and relax the mind by reading; then take a short walk while deeply breathing and you will be in excellent condition for the afternoon occupations. Your faculties will be wide awake and your efficiency will be ever so much greater than it would if you



burdened the digestion with a heavy meal which your body neither requires or desires.

Dinner should be taken in the evening and should be made up of a good variety of foods. Vegetables and bread will supply most of the starches; meats and butter will introduce the fats and proteins; fruits will furnish the sugars and so on. When such foods are introduced into the body in such forms and amounts as to be readily digested and assimilated, the blood will take from them just what it needs. It is useless to prescribe exact amounts of this food and that one. All you have to do is avoid the foods which I forbid and eat of those which I approve and Nature will take care of the rest. Variety will produce a proper balance and common sense should regulate the amounts required.

Mastication of food is an all important function for many reasons. Do not be afraid to chew your food—remember that the teeth need exercise as well as the limbs. The chewing of food should be deliberately and effectually performed because by this means the food is well separated and mixed with saliva. This is a digestive fluid which is demanded in certain amounts for perfect digestion. The gastric juice is secreted only during the process of deglutition or swallowing of food; and then only until an amount of food has been taken which will satisfy the requirements of the body. When this amount has been reached and the gastric juice ceases to flow, the appetite will immediately be arrested. Whatever food careless speed, taste, habit or fancy may induce you to take beyond that limit is taken at the expense of over-crowding and consequent indigestion and constipation. Eat slowly and do not use up the last notch of your appetite or exceed it with palatable but harmful sweets and pastry.

Never eat before or immediately following any great mental or muscular strain. Do not eat hearty food when angry, fatigued, sorrowful or fearful for all mental excesses shut off the supply of gastric juice. During illness, little or no gastric juice is secreted and it is worse than useless to press food upon a patient who has no appetite for it. Whatever food can be taken beneficially should combine the highest degree of nourishment with the least bulk.

## RECIPES

My diet chapters have gone into the question of food preparation quite thoroughly and little more is required. Most people have their own favorite recipes for salads, custards, etc., or can find very good ones in any of the excellent cook books which may be had very reasonably. Mayonnaise, French dressing and the other foods which I ask you to prepare or provide may be made according to the directions of these same authorities. This is not a cook book, but bread recipes of

the proper kinds are so unavailable that I am going to give you a few good recipes which will fill a long felt want in this direction. These recipes are proven and the products made according to them are not only very beneficial, but highly nutritious and appetizing. They are very easy to make, for you merely stir them up like a plain cake and bake without waiting for them to raise over night. Any person who has ever made a cake can make delicious bread from these recipes and you will have no difficulty in providing the breads which you so badly need. The bran bread should be eaten at every meal.

#### SWEET MILK BRAN BREAD

2 cups of wheat bran;  $1\frac{1}{2}$  cups sweet milk; 1 cup white wheat flour;  $\frac{1}{2}$  cup molasses; 1 teaspoonful of soda; 1 teaspoonful of salt;  $\frac{1}{2}$  cup of split raisins or shredded dates;  $\frac{1}{4}$  cup of raw peanut or other nut meats. Stir well together, mold to a loaf and bake for about an hour in a slow oven. Dust the raisins and dates with flour before they are stirred into the dough. This prevents settling to bottom of the loaf.

This recipe will make one loaf. Double it for two and so on.

#### SOUR MILK BRAN BREAD

One quart of wheat bran; 1 pint of white wheat flour; 1 pint of sour or buttermilk;  $\frac{1}{2}$  cup of molasses; 1 teaspoonful soda stirred into the molasses;  $\frac{1}{2}$  teaspoonful baking powder; 1 teaspoonful of salt; nuts and raisins or dates. Stir and bake as per recipe above.

#### GRAHAM BROWN BREAD

3 cups of graham flour; 1 cup of white wheat flour; 2 cups of sour or buttermilk; 2 teaspoonfuls soda;  $\frac{1}{2}$  cup molasses;  $\frac{1}{2}$  teaspoonful salt; nuts, raisins or dates. Bake as per above recipes.

#### CORN BROWN BREAD

This bread is made the same as graham brown bread. Instead of using three cups of graham flour, only use two and one-half cupfuls and add one-half cupful of corn meal. This makes a delicious bread with a pronounced cereal flavor.

#### CORN BREAD

Any cook book will give recipes for corn bread. If they do not call for the use of molasses, use it anyway. Molasses is needed to sweeten the bread and when combined with corn, it promotes natural bowel action.

#### ENTIRE WHEAT NUT BREAD

3 cups entire wheat flour; 1 cup white wheat flour;  $1\frac{1}{2}$  cups of sweet milk; 1 egg; 4 teaspoonfuls of baking powder; 1 teaspoonful of salt; 1 cup of raw peanut or other nut meats. Stir together, mold to a loaf, let raise twenty minutes and bake for about an hour in a slow oven.

## BOWEL TRAINING

To secure the utmost good from this treatment, you must be regular in everything. Arise at the same time every morning. Take your meals at the same hours each day. Provide regular exercise, massage, sleep, etc. Give your body a chance by educating it to regular habits.

The education of the bowels is a matter of extreme importance and to do this, you must follow certain simple rules. In the first place, you must go to stool at the same regular hour every morning. The proper and logical time for bowel movement is after breakfast. It may be immediately after or an hour or two after—whichever you prefer. Choose an hour most convenient and go to stool at that hour every day. Go whether you feel the call or not and remain there ten or more minutes if necessary or until the bowels move. Never wait until the bowels call you. You must indicate to them that you are ready and they will soon acquire the habit of obeying your desires without the least coaxing or delay. If you will follow my other instructions, the mere position is all that will be necessary for a complete bowel movement.

Remember that your bowels are weak. They have been leaning against artificial supports such as medicines, injections or other reliefs. They are ignorant of healthy requirements and they must be coaxed and trained back to health. They desire to be healthy as well as you do, but a gap is going to be formed between the removing of harmful reliefs and the upbuilding of muscular sufficiency. You must bridge this gap by obeying my diet instructions, by regularly exercising and by complying with the rules which govern proper training, agitation, massage, breathing, etc. If you will do these things, then the causes of Constipation will be quickly removed and the bowels will become regular just as soon as you educate them.

Habit is that certain condition which makes it easier to do a thing than not to do it. Anything repeated often enough becomes a habit and it is just as easy to form regular bowel habits as it is to cultivate irregular ones. By performing certain simple acts, you can train your bowels to depend upon those acts for the action which you desire. If you desire to train your bowels to move immediately after breakfast, that meal in itself, followed by the squat stool position, will be the signal which the bowels will soon learn to recognize. Many persons sip their morning drink after they have eaten the solid portion of the meal and this acts as an additional signal. Men frequently depend upon tobacco for their bowel signal while women may depend upon juicy fruit or fruit juice.

When the bowels are to be trained to act some time after breakfast, other signals should be provided. A regular daily walk while deeply breathing followed by the stool position will be an excellent signal. Abdominal massage or some particular bowel exercise will pro-



vide a valuable signal also. Often a drink of cold water followed by a few deep breaths will induce a bowel movement. Any such action, regularly performed and followed by the stool position, will act as a bowel signal. If practiced for even a short time, the bowels will soon learn the meaning of these acts and will respond at once. In the beginning it may require ten or more minutes with mind firmly fixed on a desire for the act, but persistence will establish the habit so firmly that nothing will break it. In no other way can you ever educate your bowels, and unless you do educate them, they can not become regular and healthy in their action.

Infant training begets mature bowel health. At two or three months, the infant should be trained to perform the bowel function regularly. This is easily accomplished. The child should be placed on the nursery chair after the morning feeding and allowed to remain there until its bowels move. If too young to sit alone, the nurse should support it on her lap and hold the bowl between her knees. As a signal, provide some gentle irritation like tickling the anus with a feather or insert a small piece of soap into the rectum. The best method is to roll a piece of oiled paper into a tube and insert it into the rectum part way. This will indicate to the child the purpose and meaning of the act. After a few days, the mere position will be sufficient to produce a healthy evacuation without further irritating the sphincters.

## BOWEL AGITATION

Nature intended that the bowels should be constantly agitated. For complete bowel health, they should be "churned" and kept in constant motion. The importance of this churning function is three-fold. It permits a thorough mixing of the digestive fluids in the intestines; it benefits assimilation by presenting new portions of food to the lacteals; it causes the food to move along in the intestines as directed and demanded by the needs of nature.

Exercise provides this needed agitation in the bowels of the laborer or mechanic for his exertions bring the abdominal muscles into play and they also induce deeper breathing. The sedentary worker is not benefited in this unconscious way and he should form habits which will produce the agitation desired. Regular exercise and massage as directed will prove highly essential, but as these actions are to be performed for short periods only, some other aid must be introduced.

Deep breathing will supply this necessity perfectly. Full lungs act like air cushions which force the diaphragm downward. In this way the bowels are gently pounded and kept in constant motion. Many persons only use the top part of their lungs, but such apprehensive breathing does not churn the bowels and they therefore remain inactive and



sluggish. Learn to take deep, full breaths and soon the habit will be firmly established without further conscious effort.

Persons who sit through most of the day must be especially particular in this matter. They should wear nothing tight around the waist or abdomen and should sit as erectly as convenient. When you sit "all cramped up," the bowels occupy an unnatural position and they can not perform their natural functions. Tight bands, especially narrow belts, are big offenders for they force the organs out of place, choke the stomach and bowels and interfere greatly with their normal, healthy action.

## BOWEL MASSAGE

Massage has long proven its value in reviving bowel activity. This action consists of moving the flesh over the bone and should be performed regularly. Remember that rubbing is not massage — the muscles must be squeezed and the blood forced out. The hands should never be oiled nor should they be permitted to slip on the skin except between grips.

The abdomen should be massaged with the tips of the fingers — very gently at first to prevent soreness, but increasing in force each time. Work upward on the right side, following the colon up to the stomach; then work across towards the left close up to the ribs and down on the left side of the abdomen. Repeat this entire operation several times or until the fingers become tired. Then you should press the palm of the hand firmly but gently against the center of the abdomen and move it circularly from right to left. Gradually widen the circle of movement, and increase the pressure and continue the massage until the hand gets tired.

These two massage movements are excellent and are best practiced while the abdominal muscles are relaxed. Lie on the back and massage the abdomen at least five minutes every morning before arising and in the evening after retiring. At stool time, a little sphincter massage may be employed with benefit. The finger should be firmly pressed against the skin close up to the anus, between it and the coccyx or lower end of the spine. Then work the muscles upward with a quick jerking movement. Continue this movement quickly and actively until the finger grows tired.

## DEEP BREATHING

The benefits to be derived from unconscious deep breathing are so many and various that no one should forego the pleasures which this wholesome exercise affords. Deep breathing not only provides exercise for the lungs, heart, stomach and bowels, but it also supplies food for

the blood and nerves. Sound lungs, strong heart and pure blood represent the requirements for a healthy circulation. Good circulation means vital life and deep breathing keeps every requirement actively present. The blood must be oxygenated in order to expel some of its poisons in the form of carbon dioxide or carbonic acid gas. This process of waste elimination takes place in the lungs and they require much natural strength and plenty of fresh air to successfully perform this important function.

Ordinary breathing efforts are inadequate, for usually only the top part of the lungs is expanded and supplied with pure oxygen. The lower lung cells are neglected, the blood is not entirely oxygenated and, internal massage, which looks to complete lung expansion for its creation, is not produced. Deep breathing is absolutely necessary — mere breathing will not do unless you desire simply to exist. The bowels depend upon full lungs for proper agitation and nothing so well supplies this demand as regular, unconscious deep breathing.

Forced, voluntary or conscious deep breathing exercises amount to very little for they represent a conscious effort and therefore tear down tissue and create waste instead of eliminating it. The benefits of deep breathing depend upon the circulation because the amount of air which reaches the blood is more important than the amount which passes through the wind-pipe. Exercise quickens the circulation and induces natural, unconscious deep breathing. Therefore to acquire the deep breathing habit, this exercise should be practiced in conjunction with some other form of natural, unconscious exercise.

Walking is the most natural of all the exercises and the most gentle and convenient. It requires no great exertion and no conscious effort and is an ideal form of exercise for all classes. Most persons can and do walk some distance every day and all persons able to do so should cultivate the habit of out door walking while deeply breathing. If you will walk more and ride less, the returns in health will more than repay you for any imaginary sacrifice which this pleasure demands.

To cultivate the deep breathing habit in the quickest and simplest way, you should train your breaths to a size comparable to your steps. This is easily accomplished and the minute you leave your home or place of business, you should begin to breathe deeply as prescribed. Soon this deep breathing habit will be so firmly established that you will find yourself practicing it unconsciously every time you take a walk.

To begin this exercise, inhale slowly but naturally while taking four steps; then exhale with the next four steps. Just count your steps in your mind like this: One-two-three-four while inhaling; then one-two-three-four while exhaling. In this way each breath will be of the same length and the lungs will grow to meet this regular expansion. When exhaling, drive out all the air possible. It is just as important to empty

the lungs of their foul air as it is to supply them with fresh. As your lungs expand and grow stronger, increase the size of the breaths to keep pace with five steps; then six, seven and so on up as far as you can comfortably go. Do not force your lungs to an uncomfortable expansion, but take as long breaths as possible.

This exercise has unlimited merit and you should never think of walking without deeply breathing at the same time. It will establish the magnificent habit so firmly that even when standing, sitting or sleeping you will be taking full, deep breaths which bring greater health to you every minute. The blood will become purer, the heart stronger, nerves steadier, circulation quicker, stomach and bowels more active, chest will grow deeper, shoulders broader, step firmer and your body will involuntarily become more erect and lithe. Make deep breathing a part of your everyday schedule and you will be surprised with the many benefits which will surely arise.

## WALKING

Walking is a splendid bowel exercise at all times for it accelerates digestion and produces agitation. Many persons walk incorrectly and by carrying themselves improperly, they fail to derive all of the benefits which are to be had from this delightful exercise. When the body is held in such a position that most of the weight falls upon the abdominal organs, the constant jarring has a tendency to injure them. The best way to avoid this possibility is to allow the weight of the body to rest upon the balls of the feet instead of the heels, as so many persons do. Throw out you chest, draw in the abdomen, have your head and shoulders well back and you are in perfect position for walking or standing. A body is perfectly erect when the balls of the feet, front of the hip and shoulder bones and front of the ears are on the same vertical line. To learn this correct pose, stand up beside an open door or other straight vertical line and practice correct carriage.

Most of us are compelled to do a certain amount of walking in fulfilling the daily duties required of us, but you should do a little more than that. Walking as a mere habit, duty or task, while producing some good, is not as effective as a real "hike." Try to get out into the country occasionally for a good, wholesome walk. Choose a route which will entertain the eye and rest the mind; where there are new and interesting things to see; where the air is pure and the surroundings cheerful and restful. Use your lungs and practice the deep breathing exercise every time you walk. Walk leisurely and go as far as possible without over-exerting. When you begin to feel fatigue, rest a little while for further exercise will overtax your strength and produce harm rather than good.



The distance walked should not be too far at first, but it should be gradually increased as the body accustoms itself to the exercise. A short brisk walk in the early morning is very refreshing and invigorating. The afternoon walk may be longer but less brisk. A short walk in the evening after dinner will greatly aid digestion and dispel any drowsiness which this hearty meal may induce. A brisk walk before retiring will usually insure sound, dreamless sleep.

Substantial, well fitting shoes and stockings should be worn while walking. Choose those shoes or slippers which have normal heels and which support the arches of the feet. Never walk for any distance in low heeled shoes or "sneaks," for you may produce falling of the arches, a foot trouble which is very painful and inconvenient. Rubber heels should be worn on all walking shoes, for they not only make walking much easier and pleasanter, but they absorb much of the shock or jar incident to this exercise.

Walking is a daily necessity and it should be regarded as a genuine pleasure. No matter where you live or what your occupation may be, whether you are young or old, male or female, rich or poor, you should cultivate the habit of daily walking and deep breathing. Never permit rain, snow or laziness to act as an excuse for postponing this important body duty. Use your lower limbs in accomplishing the purpose for which they were designed and Nature will repay you well for so doing. Walking and deep breathing are natural tonics which quickly relieve the sufferings of the mentally fatigued, and build up immense stores of nerve force and physical energy in the bodies of all who use them regularly.

## BATHING

The bath is a daily necessity and should be a daily pleasure. Any bath, properly taken, is a fine tonic: First to the nerves, second to the lungs, heart and blood, and third to the muscles and digestive glands. A good bath is the best appetizer known; it exhilarates, clears the brain and sends the blood tingling through the body. Cold water baths are excellent when taken properly, for the glow or warm reaction which follows them brings many benefits to the entire body. Few persons, however, can stand the sudden shock or chill which a cold plunge induces. Harm more often results than good from such bathing, and you must use cold water only after the body has been heated with warm. When bathing, always remember this rule: There is little or no danger in applying cold water to a warm skin but nothing but harm in applying cold water to a cold skin.

To derive all of the benefits contained in a cold plunge without risking its dangers, you may take a cold splash or sponge bath. Only a basinful of water is required. Stand in a tub or large pan, plunge the



hands into the basin and rapidly splash or pat the water over the body. Begin with the neck and arms and gradually extend the bath until the entire body has been covered. Then dry yourself by vigorous rubbing with a coarse towel until the skin is aglow with surface warmth. Most anyone can find benefits in such a splash bath if the room is warm. This form of bathing is very simple, convenient yet effective and you may take it in your room at any time. If there is no tub or pan handy, you may stand upon a bath towel and go over the body with a cloth or sponge. Salt water may be used beneficially in place of the fresh water. Sea or table salt may be used. Always bathe in a warm room when convenient but use no soap. Mild soap may be used on the hands, face and feet with cold water, but never on the body.

The tub or shower bath is excellent if begun with warm water. Never jump into a tub of cold water or under a cold shower or needle. Let the water be quite warm in the beginning and gradually lower the temperature by adding cold water until the body feels cold. Do not wait until you begin to shiver, but at the first signs of chill step out of the bath and briskly rub the body with a flesh towel or brush until the blood returns to the surface. This method excludes all possibility of chill or shock and can do nothing but cleanse, strengthen and beautify. Any bath begun with warm water, finished with cold and followed by a vigorous "rub-down" will create much health if practiced regularly. The stomach and bowel sufferer particularly requires such a bath daily and you should re-arrange your daily schedule so as to include this pleasant necessity.

The proper time for such a bath is before breakfast. The sponge or splash bath requires so little time and is so convenient, that no one should deny himself the pleasures and benefits of it. Never bathe immediately after eating nor in the middle of the day. Early morning is the best time for the cold bath — bedtime for the hot bath. A hot bath at this time, without soap, once or twice a week is a beneficial procedure. It has the desirable effect of inducing sleep in those who are disposed to insomnia. Such a bath has a relaxing and soothing effect upon the muscles and nerves and should follow any great mental task, nerve strain or physical effort.

An alcohol bath or rub is also very soothing and may be taken alone or following a hot bath to induce sound sleep. The Turkish or Russian hot bath is merely a harmful short cut to normal conditions practiced by the lazy and debauched. Sea or fresh water bathing has many wholesome benefits. Never go in when you do not feel like it — when you are not sure that you will enjoy it, and remain no longer than ten or fifteen minutes. A quick plunge and good rub are sure to produce good — a long swim or prolonged "dip" are sure to produce weakness and harm.

## SLEEPING

Seven or eight hours of refreshing, dreamless sleep is imperative for perfect health. The muscles, nerves and organs require rest and to provide it, Nature has supplied that mysterious forgetting which we call sleep.

To insure sound sleep, you should obey certain simple rules. The organs should be relieved of their burdens; the mind should be unoccupied and the stomach empty or nearly so. Obey the diet rules and never eat before retiring. If you take a full dinner in the evening, you will not have honest appetite for more food before morning. A little light fruit may be eaten and you should drink a glass or two of unsweetened water with lemon or orange juice. The kidneys, liver and blood require this liquid in performing their functions during sleep. It is best to allow from three to four hours to elapse from the time of eating to the time of retiring but water is needed at bedtime.

Physical exertion and good circulation will usually induce sound sleep. Therefore, perform the exercises prescribed before retiring. Do all you can to keep warm in winter and cool in summer. Always sleep on the right side for this permits the organs to occupy more natural positions and to perform their natural functions. Never wear tight night clothing and provide plenty of fresh air in your sleeping room. Sleep out of doors if possible but keep windows open at all events. Do not be afraid of cold or moist air. Fresh air in abundance, winter and summer, will prevent colds, improve the circulation and promote lung and blood health. Keep the body warm and there will be no danger from zero weather. Cold air is a tonic and a catarrh preventive and you should get as much of it as possible.

If you suffer from insomnia or nervous sleeplessness, then you should allow yourself to become physically fatigued before retiring. Take a long walk and practice the deep breathing exercise. Run a little and go where you are most apt to enjoy your surroundings. After you return home, go through the bowel exercises and then take a quick hot bath. Follow this with an alcohol rub and you will sleep like a baby and you will feel refreshed and strong in the morning.

“Drugs and chemicals that work while you sleep are a little later going to prevent your working when awake.”

— Elbert Hubbard

## EXERCISE

Bodily exercise is absolutely necessary for the maintenance of perfect health. The human machine is so complex, and the various parts so nicely adapted to each other, that the disturbance of one causes all to suffer. There are over four hundred muscles in the human body, each with a special function to perform, and the failure of one of these to do its work naturally and easily disrupts the whole organism of life. Nature placed each of these muscles in your keeping for a definite purpose and she expects you to watch over and protect them.

Strengthening the limbs and other surface muscles is not the only object of exercise, for it has a most beneficial influence upon the organs of respiration, circulation and digestion. There are two widely different styles of exercise; one designed for surface development and the other for inner strength or vitality. Of the two, the latter is by far the most essential, for organic or inner strength means life. The exercises which follow have all been designed to produce inner development. They are stomach and bowel exercises with enough other work included to give a nice balance to the entire organic structure.

These exercises definitely reach the vital organs far more effectively than the human hand could ever do with medicine. If you would possess perfect digestive strength and vibrant health with a feeling of cleanliness of all the inner organs, you must put this proper exercise into your daily program. The inner parts produce waste which must be freely eliminated just as dust and dirt are removed from the surface of the body. Daily exercise, of proper kind and in proper amount, will produce this inner cleanliness and help build up a strong and active body.

Exercise alone can not develop strength unless the materials of repair are properly introduced into the body. Therefore these movements must be practiced in conjunction with the diet rules which have preceded. You will have no difficulty in doing this for the work of this treatment has been arranged in the simplest form possible so that no one can offer good excuses for not complying with these simple rules. The exercises are mere movements which require but little time and less exertion and you will have no difficulty in performing them twice a day. You should spend at least ten minutes with them every morning before your bath and every evening before retiring. Your bowel muscles are weak and inactive and unless you exercise as prescribed, you can not expect to remove this inactivity. Your cure is now depending upon you. No hardships have been imposed; it is simply a question of your intelligence applied to the instructions which will quickly cure you. The instructions are before you; all you have to do is supply the neces-



sary time for complying with these requests and the will power to perform the work suggested to you.

When exercising, never wear tight clothing. You should wear the night clothing you sleep in or nothing at all. Have plenty of fresh air in the room in which you are exercising for the exertion will induce deep breathing and create a demand for more oxygen. Fresh air and sunlight are great health helps and they should be provided during the work of exercising when possible. Perform each movement deliberately and perfectly, keeping the mind firmly fixed on what you are doing and on what you hope to accomplish. Always count as you perform the different movements and where possible, exercise before a mirror. This keeps your mind strictly on your work and you derive two-fold benefits. Improvement comes first as an impulse from the mind, and if you create that impulse at the same moment you perform the act, the direct benefits will be quicker and more thorough.

No two strengths are of the same degree so I can not tell you definitely just how often to perform any one movement. Spend ten minutes every morning and evening and more if possible. Perform each movement until fatigue begins; then stop and rest a little before proceeding to the next movement. Each movement will bring new sets of muscles into action, so but little rest will be demanded. This rule should govern all forms of exercise or "play." Never exercise after you begin to feel the first signs of fatigue. With the following movements, you should perform each one until fatigue tells you to stop.

ILLUSTRATIONS  
SHOWING  
TEN  
DIFFERENT  
EXERCISE  
MOVEMENTS





### FIRST MOVEMENT

Stand erect with toes out and heels together. Balance the weight of the body on the balls of the feet and extend the arms full length straight ahead, allowing the fingers to touch. Bring the arms back horizontally as far as they will go and at the same time deeply inhale and assume a tip-toe position as shown in the illustration opposite. Then return the arms to the first position, slowly exhaling all the time until the fingers are again touching, and the heels are upon the floor. Repeat this entire operation ten or fifteen times or until you begin to tire.

This movement and those which follow are all very simple and easily mastered. If you will study the illustration while reading the description of the exercise, it will require but little practice to perform perfectly each of the exercises included in this treatment.



### SECOND MOVEMENT

Body erect as before, weight on balls of feet; hands, palms in, at your sides. Keeping the arms perfectly straight, bring them slowly over the head until the palms are touching, and deeply inhale at the same time. Then, while exhaling, drop the arms to the sides again and assume the original position. Repeat this entire movement ten or more times or until you feel strain or fatigue.





### THIRD MOVEMENT

Same body position with hands on hips or abdomen. Then bend the body backward and forward as far as possible. Continue this movement actively twenty or thirty times or until you begin to feel the strain.

When I say "as far as possible," I mean natural, unstraining effort. Never force a movement but use a little common sense.





## FOURTH MOVEMENT

Same body position with heels together and weight on balls of feet. Without moving the feet, twist the body completely around; first to the right and then to the left. Incline the body slightly forward and extend the arms so that you can swing them back and forth with a strong scythe-like movement. Put a little force into the arm motion and twist the body around until the upper part is facing backward as far as possible. Continue this movement actively fifteen or twenty times or until you feel fatigue or dizziness.



## FIFTH MOVEMENT

Same body position with arms at sides. While inhaling, raise the arms and extend them over the head and as far back as they will go. Then, while exhaling, bend the body forward and at the same time, permit the arms to drop quickly and carry them back and up as far as possible. The illustration shows this last position. Continue the entire movement for fifteen or twenty times or until you begin to feel the strain.





## SIXTH MOVEMENT

Same body position with hands at sides. Bend the body towards the right as far as possible and at the same time extend the left arm to a vertical position over head. Then bend towards the left as far as possible and as you do so, permit the left arm to drop to the side and raise the right arm over the head. Keep bending from side to side, alternately raising and lowering the arms. Keep the back-bone straight and continue the exercise until you begin to tire.





## SEVENTH MOVEMENT

Same body position with arms at sides. While inhaling, raise the arms over the head and as far back as possible. Then while exhaling, lower the arms quickly and bend the body at the hips so as to touch the toes with the fingers. Repeat this movement ten or fifteen times or until you feel fatigue.

Later on, you should touch the palms of the hands to the floor, bending the knees as much as necessary to perform this movement.



## EIGHTH MOVEMENT

Same body position with hands on hips. Extend the abdomen forward by bending the body backward as far as possible. Then, without moving the feet, completely rotate the abdomen by twisting the body from right to left, backward and forward. Move your hips in a circle and allow your body to bend forward and backward and from side to side so as to produce the widest circle of movement possible. Continue to twist the abdomen around and around ten or fifteen times or until you begin to tire.





## NINTH MOVEMENT

Spread the feet far apart and bend over so as to touch the toes of the right foot with the fingers of both hands. Then raise the body and move it to the left until the fingers of both hands are touching the toes of the left foot. The head and hands should describe semi-circles in order to perform this movement correctly. Continue this exercise back and forth fifteen or twenty times or until strain is noticed.



### TENTH MOVEMENT

Tiptoe position with arms outstretched. Without moving from your tracks, go through the business of running by shifting the weight of the body from one foot to the other with sort of a jumping movement. Keep running about ten seconds or until you begin to tire.

If this position produces strains, you may place the hands on the hips or extend them behind. All the movements should be performed in the order in which they are here given and you should have little difficulty in performing all of them regularly and correctly. After a little practice, you will have memorized all of the movements and you will then find that ten minutes will be plenty for the performance of them all.

These movements are scientifically calculated to revive activity in the stomach and bowel muscles and if you desire complete bowel health, you must perform the work suggested here. Exercise is a very important detail in your cure and you must perform the work conscientiously and do all of the other things which I am about to sum up for you in the next and final chapter.



## SYNOPSIS

In order to avoid any possible mistakes and to show you what a simple thing it is to follow the preceding instructions, I will now sum up the work for you and show you exactly what to do; when and how to do it. I will make a twenty-four hour schedule for you and plan a day perfectly spent. I expect you to follow this schedule closely for a few weeks or until your bowels return to a normal condition of health. After that you may become a little less careful but if you wish to retain possession of the health so found, you must never deviate very far from the path which I am about to lay out for you.

Before arising in the morning, massage the abdomen for five minutes in the manner prescribed. Then, after arising, drink a glass or two of hot salt water in which a tablespoonful of corn meal has been stirred. Use about one-third of a teaspoonful of table salt and a heaping tablespoonful of corn meal to one tumblerful of hot water. Allow the meal to soak up for a minute or two before drinking. Then stir quickly and drink a swallow or two. Then stir again and drink, and so on until the glass is empty. A little cold water may be used to stir up the last of the meal.

After this morning drink, you should begin to exercise with the different movements and continue the work for ten or more minutes. After exercising as prescribed, you should bathe yourself in either of the ways suggested and follow the bath with a vigorous rub down. Then leisurely dress and go to breakfast. Arrange this work so that at least half an hour will elapse between the taking of the morning drink and breakfast. If you generally go to your breakfast without much appetite, the preceding actions will create a very wholesome one and you will greatly enjoy this very important meal. Obey the diet rules which cover the foods usually taken at this time and provide fruits, cereals with cream and wheat bran, bran and other approved breads, eggs or any other breakfast foods which you honestly desire and which I prescribe.

After breakfast, at the time you wish your bowels to move daily, go to stool and practice the bowel training rules. Then walk to work or at least part way, and perform the deep breathing exercise. These simple rules, if followed closely, will create a splendid condition of energy and efficiency and you will reach your place of business feeling fine and eager for the work which lies before you.

At noon, go easy with the food, for the body will require but little at this time if you have breakfasted sufficiently. Choose some light, easily digested food and eat sparingly of it. Then take a short rest and a pleasant walk while deeply breathing and you will be in fine fettle for the labors of the afternoon. Drink plenty of water and allow it to take

the place of the harmful mid-afternoon lunch. After work, you may ride or walk home, whichever you prefer.

Take your full meal or dinner in the evening and obey the diet rules which I have already fully described. Eat nothing which has been fried or overcooked and avoid those foods which abound in starch, sugar and fat or any other food which you know will not agree with you. Much of the sugar, starch and fat is digested in the intestines and persons therefore suffer from intestinal indigestion but never suspect it since the stomach appears to be acting perfectly. Constipation is the result of indigestion, especially intestinal indigestion, and for that reason you are asked to give up the sugars, starches and fats. Eat slowly and obey the demands of the appetite, not of the palate. Be careful not to overeat, since too much food is worse than none at all and it is bound to clog and ferment in the intestines and bowels.

After dinner, provide some wholesome entertainment and try to take a pleasant walk. Relax the mind and forget the cares of business by occupying yourself with interesting and pleasurable pursuits. Arrange your evening schedule so as to provide seven or eight hours of sound sleep. Before retiring, go through the exercises again. Then take a tumblerful of water to which a tablespoonful of lemon or orange juice has been added and go to bed. Massage the abdomen for five minutes or until sleep claims you and a day well spent has ended.

The above program includes practically everything necessary. It is so simple and natural and easy that you may be deceived by it. Still, if you will perform every act faithfully for a few days, the vast improvement in your health will shout aloud the merits of this delightful treatment. To derive all of these benefits, you require simply regularity, faith and faithfulness. Arise, eat, go to stool, walk, breathe, play, exercise and sleep according to some convenient, regular program and you will soon learn the joys of perfect health. Have faith in this treatment and practice each demand faithfully and your bowels will not only be regular and strong, but every other organic function will improve and you will feel benefited in a great many other ways.

Be careful, at least in the beginning of this treatment, to do everything suggested. After the bowels have moved naturally just once, the rest will be easy. When the bowels move of their own will, that indicates that the causes of Constipation have been removed, and you must strive faithfully to secure that first natural movement. The above instructions, if carefully followed, will invariably produce natural bowel strength and they usually induce natural bowel action the very day the treatment is begun. After that, a permanent cure is simply a matter of a few weeks. Obedience to instructions, after the first natural bowel movement, will produce daily regularity and the bowels will rapidly become strong and healthy. Diet at this time is very important because

one ill-chosen dish or meal will undo the patient work of weeks. You must bear that in mind and obey the diet rules closely so as to prevent all danger of indigestion and food clogging in the bowels.

Before beginning this treatment, you should have everything necessary in readiness. You should first train your will to obey these demands and to sanction right living. Build up your faith and be faithful to the instructions before you. Provide yourself with the breads and other foods needed. Have wheat bran, corn meal, lemons, etc., at hand always. Learn the correct performance of all of the exercises and do the other things needed to equip yourself for the work demanded of you. When all is ready you will be well armed for the attack against constipation and I promise that the victory will be an easy one. If you will do what I have told you to do, you will find that curing Constipation is not a task at all, but a genuine pleasure.

Obey the natural laws mentioned, exercise as prescribed morning and evening, pattern after the twenty-four hour schedule which I have given you, and you will soon be greatly improved. Be true to yourself and to this treatment, and I can predict an early acquisition of all you have hoped for and more. I have offered you this treatment as one friend offers a kindness to another and I expect you to accept these instructions and to profit from them. Being true to my treatment is being true to me and to yourself. If you will do that conscientiously, you will never regret the slight effort and you will have found that, by showing you the right road to health, I have proven my claim of being

Sincerely your friend,

THE AUTHOR.

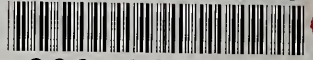








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